

NCCIC Is a Service of the Child Care Bureau

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EMOTIONAL INTELLIGENCE STRENGTHS AND GAPS¹

On a piece of plain white paper, copy the timeline below. Indicate events, both positive and negative, when your leadership skills were tested.

Birth _____ Now

Look at the events on your timeline. Identify where your attitudes, behaviors, and values demonstrated **strengths** in the four categories of emotional intelligence. Where were there **gaps**? Make notes below.

| Attitudes, Behaviors, and Values | Strengths | Gaps |
|---|------------------|-------------|
| Self-Awareness | | |
| Self-Management | | |
| Social Awareness | | |
| Relationship Management | | |

¹ Collaborative Leadership. (2004). *Collaborative leadership: Self reflection: Participant's guide*. Retrieved on March 14, 2008, from www.collaborativeleadership.org/pages/curriculum/manual_sections/SR_participants_guide.pdf